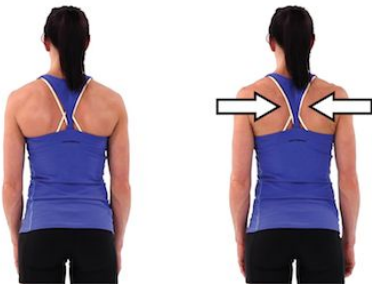




Rotator Cuff Exercises

Standing Scapular Retraction



Setup: Begin in a standing upright position with your arms resting at your sides.

Movement: Gently squeeze your shoulder blades together, then relax them and repeat.

Tip: Make sure to keep your back relaxed and do not shrug your shoulders during the exercise.

Standing Isometric Shoulder External Rotation with Doorway



Setup: Begin in a standing upright position to the side of a doorway with your involved arm bent and a towel between the back of your hand and the doorframe.

Movement: Gently press your hand outward into the towel. Hold, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.

Standing Isometric Shoulder Internal Rotation at Doorway



Setup: Begin in a standing upright position facing a door frame with your involved arm bent and a towel between the inside of your hand and the doorframe.

Movement: Gently press your hand inward into the towel. Hold, then relax and repeat.

Tip: Make sure to maintain good posture and do not shrug your shoulder. There should be little to no movement during the exercise.



Rotator Cuff Exercises

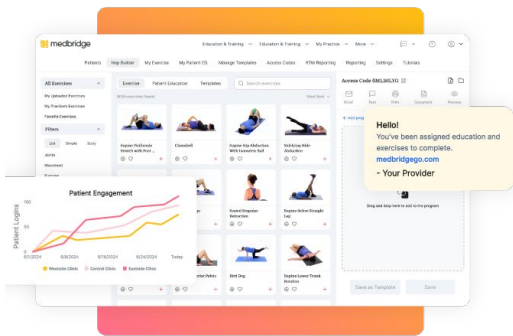
Low Trap Setting at Wall



Setup: Begin in a standing upright position facing a wall.

Movement: Rest both hands on the wall with your palms facing inward, then slide them up the wall in a diagonal direction. When your arms are straight, raise your hands a few inches from the wall, activating your shoulder muscles. Bring your arms back down and repeat.

Tip: Make sure to keep your back straight and do not shrug your shoulders during the exercise.



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